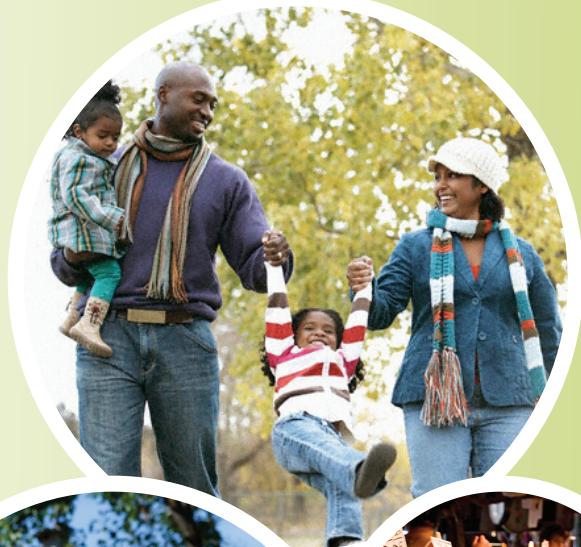


# Use the World Around You to Stay Healthy and Fit

Physical activity and healthy eating can be easy, inexpensive, and fun! If you live in a rural community or do not have access to weights, a treadmill, or chain grocery stores, use what you already have to stay healthy.

## Small changes can make a big difference:

- Put more muscle into household chores like raking leaves or washing the car.
- Find a walking buddy to help you stay on track with your physical activity routine.
- Eat fresh fruits and vegetables from a local farmers market, or start your own family garden.
- Choose whole-wheat options when buying bread, tortillas, pasta, and rice.



For more ideas on how to reach your physical activity and healthy eating goals, please contact:

### THE WEIGHT-CONTROL INFORMATION NETWORK (WIN)

1-877-946-4627

[WIN@info.niddk.nih.gov](mailto:WIN@info.niddk.nih.gov)

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National Institute of  
Diabetes and Digestive  
and Kidney Diseases

**WIN** Weight-control  
Information Network

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